

Keep It Positive

Session Overview

This session provides strategies to take control of unhelpful thoughts, feelings, and behaviors.

Objectives for Session

1. Identify the thoughts, feelings, and behaviors that influence your eating habits
2. Differentiate positive from negative thoughts
3. Learn how to change your thinking about weight management

Session Preparation

- Prepare the following materials:
 - ☐ B08 Body Image
 - ☐ S10 Change Your Thinking About Food, Exercise and Yourself
 - ☐ B17 Irrational Ideas about Eating
 - ☐ B29 Take Control of Your Thoughts, Feelings and Behavior
- Prepare to evoke as much information as possible from the group.
- As coach, your role is to facilitate discussion without lecturing.

Session Outline (60-minute class)

- Check-in (5 minutes)
- Discussion Topics (40 minutes)
- 5-Minute MOVE!® (5 minutes)
- Putting It All Together (10 minutes)

Check-in (5 minutes)

- Facilitate weigh-ins; enter weight into the CPRS Vital Signs package.
- Collect Daily Food and Physical Activity Diaries.

Discussion Topics (40 minutes)

Introduction

- Welcome everyone to the session.
- Review Ground Rules.
- Describe the purpose of today's class. State today's objectives and discussion topics. Encourage participants to attend all 16 sessions since folks who attend more sessions lose more weight.
- Invite participants to discuss their homework, Daily Food and Physical Activity Diary, progress, and goals since the last class.
- Facilitate problem-solving for any barriers.

Discussion #1: How does my thinking affect my eating habits?

- Set the stage for positive thinking by reviewing handouts B08 Body Image and S10 Change Your Thinking About Food, Exercise and Yourself. Have the members consider problem thoughts prior to changing thoughts. (Discuss the problem, then the solutions.)
- Ask members, "How has your weight affected things you used to enjoy?" Then ask, "How are things going since you joined this group?"
- Generate discussion focusing on self-talk, thought traps, and feeling comfortable in your own skin.

Discussion #2: Can I separate positive from negative thoughts?

- Ask the group to share some positive and negative thoughts they have had related to their weight. Refer to handout B17 Irrational Ideas about Eating to identify some common myths about weight and how to convert them to positive thoughts.
- Ask, "What strategies did you use to get through basic training? Could you use any of those ideas to help with this?"
- Ask the participants if they rationalize excuses to give themselves permission to stray. (Example: I will eat two donuts today because I'll exercise in the morning.)
- Consider adding examples from MOVE!® Success Stories or the National Weight Control Registry (www.nwcr.ws) on successful ways people have changed their ways of thinking.

Discussion #3: Is there a way to change how I think about my weight?

- Facilitate a round-robin discussion and ask every Veteran to share one negative thought regarding weight and weight loss that the group can then help them turn into a positive thought. Use handout B29 Take Control of Your Thoughts, Feelings and Behavior as needed to enhance the discussion.

5-Minute MOVE!® (5 minutes)

Incorporating physical activity into the session reinforces the healthy lifestyle message and provides opportunity to demonstrate some simple but effective exercises.

Ask participants to join you, if they wish, in doing the following warm-up and strengthening exercise:

Invite participants to stand up and march in place for 2-3 minutes. If they cannot stand, invite them to lift their knees while seated, as if marching.

Then, after 2-3 minutes, invite them to perform the following:

ALTERNATIVE HAMSTRINGS STRETCH:

Stand behind chair, holding on with both hands. Bend forward from the hips (not waist), keeping back and shoulders straight at all times. When upper body is parallel to floor, hold position for 15-60 seconds. You should feel a stretch in the back of your thighs. Repeat at least 4 times.



Putting It All Together (10 minutes)

Session recap:

- Summarize highlights of how thinking affects confidence and success.
- Ask, “What was most helpful today? What could have been better?”

Goals and action planning for the next week:

- Ask Veterans who have access to the Internet to check out the National Weight Control Registry (www.nwcr.ws) and look at ways that people have successfully managed their weight by changing their ways of thinking.
- Also ask them to check out the MOVE! Success Stories at www.move.va.gov.

Homework for next week:

- Remind participants to continue logging in their Daily Food and Physical Activity Diary and to bring the diary and their pedometer to every session.
- Provide information necessary for attending the next session (date/time/location, etc.).

Topic for next week:

Conquer Triggers and Cues